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THE FRIDAY LETTER

Vol. 12 No. 13

Published by USDA's Food and Nutrition Service

July 13, 1990

Bertini's Bombers Rally in the Fourth to 23-10 Victory!

"They came, they saw, they conquered..."

On July 10, Bertini's Bombers braved near 100-degree temperatures as they battled to victory over the Department of Health and Human Services' Family Support Administration.

In the beginning the Bombers were leading by 2 runs, then it was tied 5 all, and soon the Bombers were down 8-5. But the Bombers finally "broke loose" to their stirring "come from behind" victory. (Any rumors that careers were "on-the-line" are not true!!!!)

This was definitely a team effort. It was evident that the Bomber's 22-person team had practiced hard in preparing for the challenge. A special "hoorah" goes to the coaches--Mark Porter and Diane Kriviski! Some of the game's highlights included Catherine Bertini being walked twice and scoring twice! Both offensively and defensively, the Bombers played tough.

And, not only did the Bombers out do FSA in athletic ability, but they also had the No. 1 Fans as well! Many creative cheers were developed just for this significant event.

Here's a sampling:

"pork chop, pork chop, greasy, greasy,
we're gonna beat ya'll easy, easy"

"watermelon, watermelon, watermelon
rind,

look on the scoreboard and see who's
behind!"

"USDA all the Way! USDA all the
WAY!"

...and several "favorites" that can't be
printed!!!!



THE Team



Catherine Bertini shakes hands with JoAnne Barnhart, FSA's Assistant Secretary (in the background...the unbiased officials)

Bertini's Bombers Roster for the Game

Darlene Barnes
Bob Beard
Catherine Bertini
George Braley

Larry Carnes
Barbara Fay
David Freiler
Chandler Gardiner

Larry Heffel
Jeffery Held
Diane Kriviski

Bill Laahs
Jonathan Lash
Tommy Mitchell
Bonny O'Neil

Mark Porter
Cindy Price
Jack Radzikowski
David Temoshok

Dick Thaxton
Terri West
Lisa Yue



Bonny uses her tennis muscle



"it's all in the form"



Bob "coming home"



concerned coaches, bottom of the 3rd



the Mighty Bertini at bat



Dick pitched 2nd-half



Cindy hits a triple!



Jack hits a homerun!

FROM THE ADMINISTRATOR

I hope all of you have seen my recent notice on work force diversity. I was so pleased to receive 85 responses to my invitation to all employees to serve on the task team to develop FNS's work force diversity and program delivery plan. I wish I could have included everyone!

I want to remind all of you I will be personally involved in implementing the Secretary's work force diversity plan; expanding FNS's career development program; holding top managers accountable for achieving a culturally diverse work force at all levels; and, appropriately recognizing all employees who contribute to achieving the goal.

I also want to re-emphasize my commitment to achieving full work force diversity by the Year 2000 and assuring a discrimination-free delivery of programs. This is a top priority and I encourage all of you to join me in this commitment!

FNS Participates in 1990 USDA/FDA Journalists' Conference

by Phil Shanholtzer

Deputy Secretary of Agriculture Jack Parnell, speaking to food reporters and writers at the 1990 USDA/FDA Journalists' Conference, called for "reasoned debate based

upon sound scientific investigation" in setting America's policy on food safety.

Food safety and nutrition were the focus of the conference, held by the Department of Agriculture and the Food and Drug Administration June 25 and 26 at the National Press Club in Washington. Some 260 attendees



Jack Parnell, Catherine Bertini and Holly McPeak at the FNS Exhibit

gathered to listen to, look at, and taste what USDA had to offer.

Parnell, making the opening address in place of Secretary of Agriculture Clayton Yeutter, acknowledged that many Americans are concerned about the safety of the nation's food supply, but cautioned the journalists against arousing irrational fears with their reporting of food safety issues.

"Fear is a poor policy-maker," he said. "We will make sure that good health is promoted not by requiring foods to be pesticide-free, but by making certain that levels are no greater than what is considered absolutely safe."

The Food and Nutrition Service was among nearly a dozen USDA agencies that presented exhibits at the conference. Beverly King of Food Distribution and Holly McPeak of Nutrition and Technical Services staffed the FNS booth, passing out literature on FNS programs, along with samples of commodity peanuts, raisins and prunes. "They must have liked it -- they ate a lot of it," King said.

The journalists also heard speakers from USDA, FDA and the Environmental Protection Agency on issues that included pesticide and drug residues, microorganisms, food labeling, nutrition and new technology in food safety. A series of roundtable discussions gave the opportunity for in-depth discussions on a broad range of food topics, including WIC, the school lunch program, and the Thrifty Food Plan.

U.S. Savings Bond Campaign to Start

It's time again for the U.S. Savings Bond Campaign which starts July 23 and runs through August 17. Assistant Secretary Catherine Bertini

is the Vice Chairman of the campaign for USDA and her responsibilities include getting the campaign "up and running." There has been a lot of hard work going on behind-the-scenes in preparation for the campaign and **George Rogers**, Child Nutrition Division, **Tara Weaver** of HNIS, and **Denise Mayfield** of the Office of Food and Consumer Services are Campaign Coordinators working with Catherine to help get the Department "geared up".

Shelia Little of the Food Stamp Program has been selected as the Agency Campaign Coordinator. She will be working with designated Division canvassers who will be talking with fellow employees about the benefits of buying bonds, and answer questions about enrolling.



U.S. SAVINGS BONDS

THE GREAT AMERICAN INVESTMENT

All employees are invited to attend the USDA Savings Bond Campaign Kick-Off set for July 24, 10:00, in the Jefferson Auditorium. One of the many highlights will be Office of Analysis and Evaluation's **Barbara Fay**, **Jonathan Lash**, and **Floyd Miles, II**, singing "God Bless America."

U.S. Savings Bonds earn interest at market-based rates which is currently at 7.01 percent. In addition, beginning in 1990, U.S. Savings Bonds will introduce a tax benefit which will make them even more attractive to millions of Americans with college costs ahead. Interest earned on U.S. Savings Bonds, already exempt from state and local income taxes, may be exempt from federal income tax if bonds are redeemed during the year that tuition and fees are paid to colleges, universities and qualified technical schools.

FNS currently has a 38 percent participation level. The goal for this year's campaign is to achieve 50 percent participation and to encourage at least 20 percent of current savers to increase their allotments.

EMPLOYEE PROFILE...

Tim Gard

MPRO'S GOOD HUMOR MAN

by *Craig Forman*

When Mountain Plains staffer Tim Gard gets ready for a trip, he always brings an extra bag. Tim is not some unreformed clotheshorse who feels the need to have several changes of clothing, though. His excess baggage is actually a bag of tricks he totes with him to punctuate the animated talks he delivers to State food stamp workers who are suffering from various stages of burnout.

Tim's specialty is recharging batteries of eligibility workers and investigators who are having difficulty maintaining enthusiasm for their tough jobs. Since he gained plenty of experience in these occupations during his tenure with the Montana Department of Social and Rehabilitation Services, Tim's words carry added impact with an audience. But the key ingredient that makes him such a sought-after public speaker at State training sessions is his entertaining approach to a serious subject.

Tim teaches State staff how to relieve stress that comes from having to manage large case loads, tight schedules and sometimes belligerent or uncooperative clients. He also stresses the importance of maintaining high self-esteem and feeling good about assisting people who are

less fortunate. Though he doesn't have to work hard to get people to listen to his message, Tim demonstrates how effectively humor destroys tension by whipping out an aerosol can and spraying people sitting in the front rows with a harmless cobweb of liquid string.

Tim also gives members of his audience a chance to help him improve his presentations by passing out rubber-band guns at the beginning of his sessions. Anytime he falls into an old habit of saying "aaaahhhh," which is something he picked up from a college professor, people in the audience are free to zing him with a rubber band.

Tim uses these gimmicks as a means of programming food stamp workers to avoid taking themselves so seriously that they forget to laugh. That ability is particularly important in an occupation where veteran workers are scarce. At a recent session in Colorado Springs, 18 welfare workers in his audience had less than a year's experience with the Department of Social Services and another 10 had been on the job only 3 months. While discussing the pressures of their jobs, Tim may suddenly put on a nose flute and play a less-than-rousing rendition of "Bridge on the River Kwai" that brings the house down. Later in his presentation, he will squeeze a rubber bulb that causes a "Moonie" doll sitting on the speaker's table to drop its drawers and quickly pull them back up. Learn to laugh at yourself, he urges his attentive audience, and you'll maintain a healthy perspective that enables you to handle your emotions and the people you deal with all day long.

The redeeming value of Tim's hilarious presentation is that members of the audience walk away with a newfound sense of their personal value and the vital role they play in assisting needy clients. Humor, he demonstrates, also reduces tensions

tance from problems that can overwhelm them during busy days. Tim's presentation also stresses ways to cultivate positive attitudes and overcome self-defeating behavior. As word of his unique message and delivery has reached various states, Tim has become a speaker in demand on the training circuit, which explains why one of his bags is never unpacked.

FROM THE HILL

Farm Bill Actions

by Bob Beard

The Senate Agriculture Committee included 3 items in the miscellaneous title at markup on June 28, 1990. These provisions are all related to the Special Nutrition Programs area.

The first amendment would limit the requirements for commercial warehousing systems to Child Nutrition Program outlets, and not to other programs like the TEFAP and Food Distribution on Indian Reservations. It would also limit the requirements for commercial distribution to those States which collect fees from local agencies, exempting States that pay all the costs of distribution. Finally, in determining the cost-effectiveness of their systems in the evaluation, the amendment would require that both the direct and the indirect costs be considered.

The second amendment would require an updated analysis of the National School Lunch Program. The School Lunch Study would examine such things as the level of bonus commodities "lost", the amount of indirect costs assessed against local agencies, the current cost of providing a school lunch (by component), why schools that dropped school lunch in the 1980's did so, and the

current charges to students for the "paid" meal. A report to Congress would be due by October 1, 1992.

The last Senate amendment would change the commodity acceptability report from a semi-annual report to an annual report.

The Senate may begin debate on the Farm Bill on July 13. The House is scheduled to begin debate during the week of July 23.

AROUND THE COUNTRY



AROUND THE COUNTRY

NERO received an Excellence Award for its 90.43% employee participation rate in the 1990 Combined Federal Campaign. CFC Keyperson was Food Program Specialist Patricia O'Reilly. NERO employees contributed more than \$9,000 toward this very important United Way effort. A total of \$637 was pledged to the American Red Cross, funding emergency services for victims of Hurricane Hugo and the San Francisco earthquake. O'Reilly was also individually recognized with a Keyperson's Award for her successful efforts toward surpassing NERO's CFC participation goal.

MARO Administrator Chris Martin and Special Nutrition Program Director Bob Freller were among the guests of Pennsylvania Governor Robert Casey at his home in Harrisburg where a meeting was held to discuss school breakfast program participation and funding over a

nutritious early-morning meal. Guest speaker Martin commended Pennsylvania officials for the strong personal commitment they have to good nutrition and the breakfast program and for increasing financial support for the program from 3 cents to 10 cents. The breakfast at the governor's home was just one aspect of the special effort Pennsylvania is employing to increase participation in the breakfast program.

The Mountain Plains WIC ADP system was installed by MPRO staff at the Inter-Tribal Council of Nevada (ITCN) WIC Program in June on be-

half of Western Regional Office. Doug Friesen, MPRO ADP Staff, developed the system with the assistance of the MPRO WIC staff.

The new system is expected to smooth program operations and allow more time for lower-priority clerical and administrative tasks that sometimes get postponed. ITCN should find case load management significantly enhanced by its use.

MWRO Regional Administrator Monroe Woods participated as a special guest in an Executive Focus training luncheon for top Region V Health and Human Service Administrators and managers on June 20. The guest speaker was JoAnne Barnhart, recently-appointed Assistant Secretary of HHS' Family Support Administration. Barnhart discussed HHS welfare reform initiatives, AFDC/Food Stamp conformity goals, Wisconsin's Learnfare program and other issues regarding administration of welfare and social service programs.



NERO Employees Raise Money in Walk for Hunger

NERO representatives (left to right) Cynthia Tackett, Connie Leonard, Susan Gentile and Elizabeth Avery look fresh in their first mile of the 1990 Boston Walk for Hunger. Fifteen NERO employees completed the 20-mile course, raising almost \$1,000 in support of local anti-hunger efforts. NERO's team effort in the event, both as walkers and sponsors, was organized and promoted through the regional office's volunteer committee. According to sponsors, the Boston Walk for Hunger is the world's largest walking event, this year involving more than 40,000 walkers and raising \$4 million.

FNS Participates in Fun Walk

by Steve Watson

These two FNSers are having "fun" on the job. They're participating in a federal employee Fun walk held in downtown Atlanta. As part of National Physical Fitness and Sports Month, 505 federal participants walked 1 1/2 miles on a sunny, warm day in the Southeast. Jodi Holdorf (R) and Lari Pittman enjoyed the walk so much that they traveled the course twice.

"I participated to help promote fitness month and for the fun of it," said



Pittman, who exercises regularly. "Exercise is always invigorating."

"This event demonstrates that beneficial exercise can be done in a short amount of time," Holdorf said. "One doesn't have to exercise hours a day."

Beginning at 11 a.m., and continuing through the lunch hour, groups of employees started the course every fifteen minutes during this mid-day event. Reaction to this emphasis on physical fitness was enthusiastic. "Many people participated and enjoyed it," Holdorf said. "We should have this event more often."



At a time when society is concerned about problems with the environment, wildlife and the youth of this country, Paul Kath, Support Services Supervisor with the Minneapolis Computer Support Center, is doing something about it.

Paul combines a passion for wildlife, particularly waterfowl, with a spirit of volunteerism to come up with a formula for helping the youth and handicapped in his community. Paul promotes the habitat preservation and waterfowl management goals of Duck's Unlimited and the Minnesota Waterfowl Association by serving as a volunteer instructor for the youth Firearms Safety Program, Young Waterfowler's Program and Advanced Hunter Education Program.

As an instructor, Paul enthusiastically communicates his knowledge of and concern for wildlife and the environment to young people who he charges with the responsibility for protecting our resources into the 21st

century. "My personal financial contribution toward what needs to be done will have no impact," says Paul, "but if I can influence the attitudes and values of our youth, my contribution can be significant."

Paul is also an active member of Capable Partners, a local organization that teams handicapped individuals with fully functioning partners in a variety of outdoor experiences, such as fishing trips, goose and deer hunting trips. He sees this as another way to enrich the lives of others while spreading his environmental message.

Paul's energy and enthusiasm have permitted him to overcome his personal physical handicap and make him a valuable local resource and a driving force in promoting the causes to which he is deeply committed. Paul's actions stand as a shining example of how, to paraphrase Secretary Yeutter, "volunteers serving America can make a positive difference in the lives of others."

FOOD STAMP PROGRAM NEWS

Electronic Benefit Transfer (EBT)

Birge Watkins and Tim O'Connor attended a meeting of retailers in Albuquerque, New Mexico, to help answer the retailers' questions and address their concerns regarding the EBT project planned for Albuquerque. Other attendees included Secretary Valdez from the New Mexico Human Services Department and Hardy Nathan from the Food Marketing Institute. The meeting provided a good forum for the retailers to let others know what their concerns and questions were. While no resolution of the problems were reached at the meet-

ing the open dialogue should prove constructive in reaching an agreement.

On a parallel track, Linda Basham and Erin McBride were also in Albuquerque working with State officials, representatives from the First National Bank in Albuquerque and Abt Associates to test the EBT system. While full results are not available, preliminary indications are that the system should work well.

Quality Control (QC)

The U.S. District Court in New Jersey upheld FNS' position that New Jersey must pay its QC liabilities of \$1,088,471 for FY '84 because the State agency failed to timely file an appeal after notification of liability. Thus, to date 12 States have either paid QC liabilities in total or negotiated settlements with the Department totalling over \$7 million. An additional two court suits are pending on QC liabilities for Fiscal Years 1982 and 1983.

Food Stamp Participation Symposium

OAE sponsored a symposium this week to examine recent growth in the Food Stamp Program. The one day conference included representatives from HHS, OMB, Congressional Budget Office, and Bureau of Labor Statistics among others. The symposium is one of several efforts to improve our forecasting and understanding of food stamp participation trends.

First USDA Nutrition Seminar Held Featuring Speaker from NTSD

The first USDA Nutrition Seminar for Expectant Parents on the topic, "Eating Right for Mom and Baby," was held in June for USDA employees. The session was sponsored by the Offices of Food and Consumer Services and Departmental Administration. The speaker for this seminar was Donna Blum, Public Health Nutritionist with the Nutrition Science and Education Branch of the Nutrition and Technical Services Division (NTSD).

In attendance at this seminar were new, expectant, and aspiring parents who came together to hear about nutrition recommendations for pregnant women, new mothers, breastfeeding women, and infants. The speaker included a special focus on the role that expectant fathers can play in assisting their pregnant spouse to eat properly and have a healthy pregnancy and in helping with infant feeding after the baby is born.

At the seminar, packets of printed materials, including handouts from HNIS, were distributed. The handouts featured information on what foods and how much to eat during pregnancy; tips to overcome nausea, constipation, and heartburn during pregnancy; alcohol and drugs during pregnancy; tips on starting breastfeeding; and the what, when, and how of infant feeding. Limited copies of the packet are available in the USDA Medical Unit, Room 1038-S, 447-3281.

Given the good turnout and the ongoing interest and need for nutrition seminars of this type, a second seminar is tentatively planned for this fall.



Toastmasters Club to Form at POC

by Brian Ahern

Thirty-four thousand words are spoken each day by the average person in the United States. This is equal to approximately 170 Congressional Records a week and 12 million words a year. Although people speak a lot, very few people have the confidence to speak in public. This fear pervades all levels of society including FNS and all other government agencies. Despite the phobia of public speaking, a group of employees from FNSHQ and other neighboring government agencies have taken the initial steps towards establishing a Toastmasters public speaking club. Three meetings have been held and each time new faces have been present. With the knowledge that 70% of all jobs require public speaking of some sort, these employees have set a goal of chartering their own club by September of 1990, thus beginning the growth experience most people have when they join Toastmasters.

Since 1924 Toastmasters has grown to become a large organization with 6300 clubs worldwide. During this time it has been teaching people how to give effective public presentations and at the same time gain confidence in themselves. Over the years Toastmasters has changed many lives and enhanced peoples job skills, therefore FNS and the other agencies can only benefit from the formation of a club. In order to form a club there must be 20 people willing to charter a club. If you are interested please contact Mark

Krelggor at 756-3660, Nancy Gaston at 756-3554, Darlene Barnes at 756-3286, or just join us at one of our next meetings. These are held every Tuesday, from 12:00-1:00, as follows:

- July 17 6th Floor Conf. Rm.
- July 24 4th Floor Conf. Rm. B
- July 31 4th Floor Conf. Rm. A
- August 7 4th Floor Conf. Rm. A
- August 14 6th Floor Conf. Rm.
- August 21 4th Floor Conf. Rm. A
- August 28 4th Floor Conf. Rm. A

Length of Service Awards

45 Year Award

Jerome M. Stein

35 Year Award

John P. Kraynak

30 Year Award

M. Marlene Benemann
Gladys Lee
William Powell
Phyllis E. Weaver

25 Year Award

Jeraline M. Barnes
Linda M. Basham
Johnny D. Braden
Brenda G. Bryant
Hilda G. Davis
Margaret B. DeButts
Marvin Eskin
James P. Gatley
Bradley Lee Haigh
David L. Hamer, Jr.
Evelyn I. Johnson
Paul E. Jones
Helen D. Lilly
Duane S. Maddox
John M. McAteer
Vernon R. Morgan
Mary K. Patrick
Roger E. Peterson
Joseph E. Shepherd
Coby E. Snead
Marian L. Stroud
Maurice C. Tracy
Phyllis D. Twyman
Erless B. Waldschmidt
James A. Walsh
Spencer P. Weston
Jacqueline L. Williams
Daniel R. Woodhead



Jerry Stein receives award for 45 years of service

Following are preliminary estimates of participation in the Federal-State food assistance programs for the month of April with comparisons to the previous month and to the same month of last year.

Food Stamp Program: 1/	<u>Apr. 1989</u>	<u>Mar. 1990</u>	<u>Apr. 1990</u>
People participating (mil.)	19.0	20.2	20.2
Value of bonus coupons (\$ mil.)	\$958.8	\$1,197.0	\$1,184.1
Average bonus per person	\$ 51.90	\$ 59.14	\$ 58.69
Total program cost (\$ mil.)	\$1,088.5 mil	\$1,311.1 mil	\$1,298.2

National School Lunch Program:

Number of schools participating (thous.)	91.5	91.4	91.4
Children participating (mil.)	24.2	24.1	24.2
Children reached with free or reduced price lunches (mil.)	11.5	11.7	11.7
Percentage of lunches served free	40.8	41.5	41.4
Percentage of lunches served at reduced price.	6.7	6.9	6.8
Total program cost (\$ mil.)	\$363.6	\$ 22.6	\$358.2

School Breakfast Program:

Number of schools participating (thous.)	40.0	42.8	42.8
Children participating (mil.)	3.9	4.2	4.1
Percentage of breakfasts served free or at reduced price	86.5	86.5	86.0
Total program cost (\$ mil.)	\$52.8	\$65.9	\$56.9

Child and Adult Care Food Program:

Number of meals served in centers (mil.)	41.9	47.6	44.1
Number of meals served in homes (mil.)	34.5	42.1	40.0
Percentage of all meals served free	78.9	79.2	79.3
Total program cost (\$ mil.)	\$60.4	\$ 74.2	\$ 70.0

Special Supplemental Food Program (WIC):

People participating (mil.)	4.1	4.6	4.5
Food cost (\$ mil.)	123.5	145.2	138.1
Total program cost (\$ mil.)	\$156.0	\$184.9	\$174.8

Commodity Supplemental Food Program: 3/

People participating (thous.)	234.1	283.0	273.1
Total program cost (\$ mil.)	\$4.0	\$6.1	\$5.4

Food Distribution to Indians and Needy Families:

Number of projects in operation	108	110	110
People participating (thous.)	141.1	143.1	139.0
Total program cost (\$ mil.)	\$4.9	\$5.0	\$4.9

Total USDA Food Donations (All Programs):

Entitlement Foods (\$ mil.)	\$63.9	\$116.5	\$ 66.8
Bonus Foods (\$ mil.)	\$36.5	\$25.9	\$24.2
Temporary Emergency Food Assistance (TEFAP)	\$22.4	\$21.0	\$21.6

1/ Puerto Rico has been excluded from all months.

2/ Data collected as of June 22, 1990.

3/ Includes data for all elderly participants.

Friday Letter Vacancy Listing by Vacancy Number

JOB TITLE	AREA OF CONSID.	SERIES	GRADE	CLOSING DATE	VACANCY NUMBER	OFFICE LOCATION
o Food Program Officer	(A)	GM-0120	15	07/16/90	90-82*	WRO
o Food Program Officer	(A)	GM-0120	14	07/16/90	90-88	FDD
o Secretary Typing	(A)	GS-0318	5/6	07/16/90	90-91	OAE
o Contract Spec.	(A)	GS-1102	12	08/06/90	90-95**	ASD
o Grant Mgmt. Spec.	(FNS-HQ)	GS-0501	12	07/17/90	90-96	GMO
o Secretary Typing	(FNS-HQ)	GS-0318	5/6	08/06/90	90-97	CND

OFFICE LOCATION

WRO	- Western Regional Office
FDD	- Food Distribution Division
OAE	- Office of Analysis and Evaluation
ASD	- Administrative Services Division
GMO	- Grants Management Office
CND	- Child Nutrition Division

* - Extension of closing date
 ** - Extension of closing date and correction of Area of Consideration

AREA OF CONSIDERATION

(A)	- All Sources
(FNS-H)	- Food and Nutrition Service-Hdqrs wide
(Q)	- Local Commuting Area

CARTOONIST WANTED!

Are you one of those artistically talented people wanting to make a name for yourself! Well, this could be just the opportunity you've been waiting for--the "new" Friday Letter is looking for a cartoonist to develop an FNS mascot for the newsletter. If you are interested, please submit your ideas to **Dariene Barnes**, Editor, Room 819, ASAP! We want the FNS mascot to make its debut in the next issue of the "new" Friday Letter which will be out July 27.

Upcoming Events...

JULY	
15-18	American School Food Service Association National Meeting, New Orleans, LA
24	USDA Savings Bond Kick-Off
25	SWRO/WRO Bi-regional Commissions' Meeting San Francisco, CA
26	Retirement Luncheon for Jerry Stein
27	FNS Picnic, Fort Hunt Park
31	Start of 3-day Public Information Directors Meeting, Alexandria, VA

Dariene L. Barnes, Editor
David K. Warner, Desktop Designer

The Friday Letter is published every two weeks by the Public Information Staff of the Food and Nutrition Service. To update your mailing address or to alter the number of copies you receive, please mail your changes to the FNS Public Information Staff, 3101 Park Center Drive, Room 819, Alexandria, Virginia, 22302, Telephone 756-3286.